

Special Events



Norfolk
Senior
Olympics.
Held annually
in May.



Senior Fish Fry.
Held each summer
at Ocean View.



Sweethearts
on Parade.
Held annually
in February.



60+ Club

Meets every Wednesday

Ocean View Senior Center
600 Ocean View Avenue
Norfolk Va. 23503

Mission Statement:

Maturity and Friendship in Harmony

Time: 11a-12p

Lunch after each meeting: 12p-1p

Dancing after each meeting: 1p-3p

RECREATION, PARKS & OPEN SPACE



Recreation, Parks & Open Space

City of Norfolk
501 Boush Street | Norfolk, VA
(757) 441-2400
Norfolk.gov/RPOS
Facebook.com/NorfolkRPOS

Recreation, Parks & Open Space Senior Services



Ocean View Senior Center

600 E. Ocean View Avenue

Norfolk Virginia 23503

757-441-1767

Southside Senior Center

925 South Main Street

Norfolk, Virginia 23523

757-664-6484

RECREATION, PARKS & OPEN SPACE





Mission: To provide all city of Norfolk residents, age 55 and better, with

quality educational, physical, social and cultural activities and programs that enhance their life through skill-building, self-renewal and fun.

This mission is supported through structured programming offered by the Department of Recreation, Parks & Open Space (RPOS) at the City of Norfolk's two senior centers; Ocean View and Southside. The RPOS Senior Services program also supports the events and activities offered by various senior clubs located at recreation centers throughout the city.

Additional fee-based programs for seniors, such as technology education, and arts and crafts, are also offered on a quarterly basis.

Health and Wellness

The RPOS senior centers offer quality fitness and wellness opportunities for our Seniors. **Fitness courses** such as chair aerobics, yoga and zumba are offered on a seasonal basis at the senior centers. Monthly **wellness forums** are held at one of the two senior center locations. Forums include informative presentations by local wellness experts. Each quarter a **health and wellness expo** is offered at a Norfolk senior center. Participants can enjoy a variety of vendors and free health and wellness screenings.



Senior Clubs (Year Round unless otherwise noted)

Bayview Recreation Center

8613 Willow Terrace, Norfolk Va. 23503

Phone: (757) 441-1626

Club Hours: Fridays from 9a-3p

East Ocean View Community Center

9520 E. 20th Bay Street, Norfolk Va. 23518

Phone: (757) 441-1785

Club Hours: Thursdays from 10a-3p (Sept-May)

Huntersville Community Center

830 Goff Street, Norfolk, VA 23504

Phone: (757) 664-7434

Club Hours: Tuesdays from 11a-1p (Sept-May)

Ingleside Recreation Center

940 Ingleside Road, Norfolk, VA 23502

Phone: (757) 441-5675

Club Hours: Wednesdays from 10a-12n

Lambert's Point Community Center

1251 W. 42nd Street, Norfolk, VA 23508

Phone: (757) 423-1088

Club Hours: Wednesdays from 10a-1p (Sept-May)

Norview Community Center

6380 Sewells Point Road, Norfolk, VA 23513

Phone: (757) 441-1440

Club Hours: Wednesdays from 11a-2p (Sept-May)

Sherwood Forest Community Center

4537 Little John Drive, Norfolk, VA 23513

Phone: (757) 441-5824

Club Hours: Thursdays from 10a-1p (Sept-May)

Tarrallton Community Center

2100 Tarrallton Drive, Norfolk, VA 23518

Phone: (757) 441-1765

Club Hours: Fridays from 11a-1p

Titustown Recreation & Visual Arts Center

7545 Diven Street, Norfolk, VA 23505

Phone: (757) 441-1259

Club Hours: Tue/Thur from 10a-2p

Young Terrace Community Center

804 Whitaker Lane, Norfolk, VA 23510

Phone: (757) 441-2692

Club Hours: Tue/Wed from 10a-2p